Youth Services Bureau of Ottawa (YSB)
The Youth Services Bureau of Ottawa serves youth aged 12 and older. We focus on youth with difficulties affecting their physical and/or emotional well-being and development. We support youth in making positive health and lifestyle decisions.
Services include: * Mental Health Services; * Community Services; * Youth Engagement; * Youth Employment; * Youth Justice Services; * Walk-In Clinic Tues/Thurs 12-8pm

2675 Queensview Drive; Ottawa, ON, K2B 8K2 Ages served: Up to 20 years; Languages served: English, French; Fees: None; Area Served: Local
www.ysb-bsj.ca

Youth Mental Health Walk-in Clinic /Program/Service of: Youth Services Bureau of Ottawa
Are you having problems with a relationship, or a recent break-up? Too much fighting at home? Struggling with questions of sexual orientation or gender identity?
The Youth Mental Health Walk-in Clinic offers single counselling sessions for youth whose needs are more immediate. Often, one of the most difficult steps can be gathering enough courage to ask for help. Getting help sooner can make all the difference.

How to access the Walk-in Clinic
Youth (aged 12 to 20) and parents can come to the Mental Health Hub during walk-in clinic hours.
Hours: Tuesdays and Thursdays, 12 noon to 8 pm (last appointment - 6 pm)
How to get there
We are located by the Lincoln Fields Transit Station. Bus #85 also passes directly in front of the Hub.

2nd floor-2301 Carling Avenue, corner of Richardson Ave; Ottawa, ON, K2B 7G3 Ages served: 12 - 20 years; Languages served: English, French; Fees: None; Area Served: Local
www.ysb.on.ca / 613-562-3004

24/7 Crisis Line
Program/Service of: Youth Services Bureau of Ottawa (YSB)
We've all had a crisis. Whether you're stressed, depressed, or just can't take it anymore—you are not alone. The Youth Services Bureau's 24/7 Crisis Line is here for you. Whatever the problem, you can talk to someone who understands and who wants to help you. No one should ever suffer alone, which is why we've made it easy for you to get in touch with us. We're just one call away.

How to access the service: The 24/7 Crisis Line service is for children and youth ages 18 and under, who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis.
Service Hours: 24 hours a day, 7 days a week, 365 days a year
Help may include: * Supportive listening; * Immediate crisis counselling on the phone; * Information on resources and service providers in your community; * Referrals to child and youth service providers in your community; * A home-based intervention (in Ottawa only); * Short-term follow-up service
Mobile interventions: Monday – Friday: 4:30 p.m. to midnight; Saturday and Sunday: 11:00 a.m. to 11:00 p.m.
The Residential Crisis Service is included in the continuum of services and is available for youth ages 12 to 15, for a stabilizing period of up to five days. A crisis alert and follow-up program is also offered for professionals in the community.
For more information
Call us at 1-877-377-7775 or 613-260-2360
Integrated Crisis Services Coordinator: Diane Martin
Walk-In Counselling Clinic
* A free (i.e. no-fees) service that operates 7-days a week, evenings and weekends.
* Clients are seen on a first-come, first-served basis.
* No referrals or appointments are necessary.
* Clients of all ages regardless of ethnicity, race, ability, gender, sexual orientation, income, and political or religious affiliation can simply walk in when they feel they need it.
* As exact times may change, always please call the clinic to confirm times going!

Five different locations:
* Family Services Ottawa (312 Parkdale Av.)
  Tuesday: 12:00-8:00 p.m. and Saturday: 12:00-5:00 p.m.
* JFS Ottawa (2255 Carling Ave.)
  Wednesday: 12:00-8:00 p.m. and Sunday: 12:00-5:00 p.m.
* CFS/SFC Ottawa (310 Olmstead St.) – French and English
  Thursday: 12:00·8:00 p.m. and Friday: 12:00-5:00 p.m.

Funded by the Champlain Local Health Integration Network (LHIN), and administered Jewish Family Services (JFS) Ottawa.

Ottawa Institute of Cognitive Behavioural Therapy (OICBT)
Founded in 2009, we are both a treatment and training institute. Our group is comprised of eight psychologists and a psychiatrist brought together by our common interest and expertise in providing therapy as well as professional training in Cognitive Behavioural Therapy (CBT).

Services include:
* CBT for anxiety and mood disorders.
* Adult and child services, couples and families; * Diagnostic interviewing and psychological testing
* Consultation and training; * Medication adjustment; * Individual therapy; * Group therapy: Offer a variety of CBT groups for Anxiety Disorders, Bipolar Disorder, AD/HD, CBT Group for Weight Loss, Depression, and groups for interpersonal difficulties.

Ottawa Centre for Cognitive Therapy, Psychologist - Private practice (individual)
Registered with College of Psychologists of Ontario

The Ottawa Centre for Cognitive Therapy provides cognitive therapy for Eating Disorders, Stress Management, Anxiety Disorders, Depression / Mood Disorders and Personality Disorders. The treatment services are organized into four clinics, each with a Director responsible for the Clinic Program Management. Clients may be assigned to one of a number of therapists at the Centre for Cognitive Therapy, depending on availability and a suitable match between therapist and client. Both male and female therapists are available.

Ottawa Crisis Line: 613-722-4802 ext. 500
Physical address not provided
www.ysb.ca/crisisline / 613-260-2360
1-877-377-7775 (Toll Free)
Phone: 613-562-3004 ext. 244
Residential Crisis Coordinator: Deb Logue
Phone: 613-722-4802 ext. 500

Ages served: Up to 21 years
Languages served: English, French; Fees: None
Area Served: Local

Ages served: 16 years and up; Languages served:
English; Fees: None; To be seen: Clients/families
may self refer; Area Served: Local

Ages served: 6 years and up; Languages served:
English; Fees: Yes; To be seen: Clients/families
may self refer; Area Served: Ottawa-Carleton

Ages served: All ages; Languages served: English
Fees: Yes; Area Served: Ottawa-Carleton
I offer Cognitive Behavior Therapy (focusing on the role of our thoughts on mood and behavior), Behavioral Activation Therapy (focusing on the role of behavior on our mood) and Interpersonal Therapy (focusing on relationships, loss, grief and life transitions). My clinical skills together with my enthusiasm and belief in people’s capacity to change is what I consider distinctive about my work with clients. If you would like to toward feeling better or change some aspect of your life please feel free to book an initial consultation with me. Together, we will formulate your road to wellness and recovery.

AREAS OF PRACTICE: Mood Disorders (depression, bi-polar); Women’s mental health issues and unique transitions including postpartum, perimenopause, and menopause; Anxiety Disorders (post traumatic stress, worrying, social anxiety, panic); Stress Management; Assertiveness at work and at home; Coping with chronic pain; Developing a healthy lifestyle; Behavioral changes including exercise, diet, and sleep; Disordered eating including anorexia, binge eating, bulimia and obesity; Body Image; Improving communication between parents and adolescents; Substance Use and Addiction; Managing Emotions

Sogge and Associates
451 Daly Avenue Ottawa, ON, K9J 6R8
613-868-0544 / dsogge.com

Parent's Lifeline of Eastern Ontario (PLEO)
Parents’ Lifelines of Eastern Ontario is a non profit, volunteer driven organization providing support to parents and caregivers who have children, youth and young adults living with mental illness. Our key objectives are to:
•provide support to families and in turn to their children
•enhance family and community education regarding mental illness
•reduce the stigma associated with mental illness
•promote increased access to and improved delivery of mental health treatment services for children, youth and young adults
•ensure that the family perspective is understood and appreciated by those who influence the funding and delivery of services

Support meetings are held monthly for various age groups:
Parents of children under 12 (English): On the first Wednesday of each month 6:00 - 8:00pm @ Crossroads Children’s Centre, 1755 Courtwood, Ottawa. Free parking in the rear, enter through front door. Ring bell if locked.
Parents of children under 12 (French): On the fourth Tuesday of each month 6:00 to 8:00pm @ Centre Psychosocial, 150 Montreal Road in Vanier.
Parents of youth 12-18: On the third Thursday of each month 6:30 - 8:30pm @ CHEO - Max Keeping Wing - Room 1103
Parents of youth 16-24: On the second Thursday of each month 6:30-8:30pm @ The Royal, 1145 Carling, suite 1425.

Ages served: All ages; Languages served: English, French; Fees: $None
www.pleo.on.ca

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